

PENINGKATAN KETERSEDIAAN PANGAN SEHAT MELALUI
MANAJEMEN INDUSTRI PANGAN 4.0



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11 SEPTEMBER 2019

Konsep Pangan Sehat
sesuai Anjuran WHO 2018

LITERATUR EMAIL/DRIVE: 1997-2018



WHO (di dalam PBB) 2008

DIABETES: 90 % KARENA POLA MAKAN
DAN AKTIFITAS FISIK KURANG

PENYAKIT JANTUNG:

80%.....

KANKER: 35%.....

POLA MAKAN SEHAT YG DISARANKAN:....

BIOAKTIF

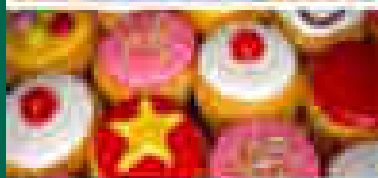
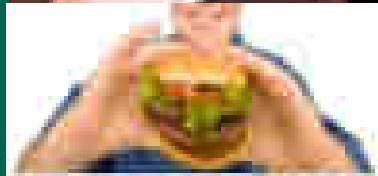
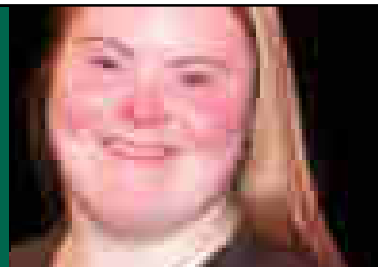
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KITA MENGKONSUMSI
PANGAN
RONGSOKAN (JUNK
FOODS)



Kegemukan,
STUNTING, Penyakit
tidak menular (PTM)



Healthy diet (<http://www.who.int/news-room/fact-sheets/detail/healthy-diet>)

24 August 2018 Key facts

A healthy diet helps **protect against malnutrition/stunting**, **noncommunicable diseases (NCDs)**, including diabetes, heart disease, stroke and cancer.

Healthy dietary practices **start early in life** – breastfeeding... and may have longer-term health benefits, like **reducing the risk of becoming overweight or obese and developing NCDs later in life..**

Evidence indicates that **total fat should not exceed 30%**, **saturated fats should be less than 10 %** and **trans-fats to less than 1% of total energy intake**, **Hijrah dr saturated fats and industrial trans fats KE unsaturated fats (3), (4).**

Limiting intake of free sugars to less than 10% of total energy intake (2, 5) is part of a healthy diet. A further reduction to less than 5% of total energy intake is suggested for additional health benefits (5).

Keeping **salt intake to less than 5 g** per day helps prevent hypertension and reduces the risk of heart disease and stroke in the adult population (6).

WHO Member States have agreed to reduce the global population's intake of salt by 30% and halt the rise in diabetes and obesity in adults and adolescents as well as in childhood overweight by 2025 (7, 8, 9).

foods and drinks high in free sugars also contribute to unhealthy weight gain, which can lead to overweight and obesity.

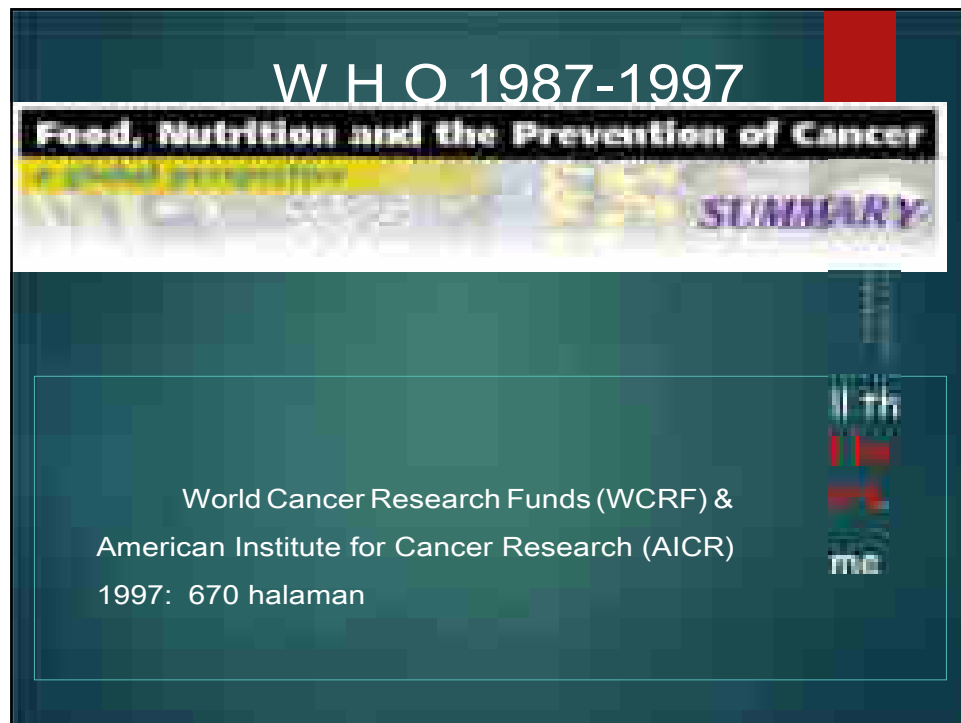
But the increased production of processed food, rapid urbanization and changing lifestyles have led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars or salt/sodium, and many do not eat enough fruit, vegetables and dietary fibre such as whole grains.


POINTS:

REKOMENDASI WHO

DARI 1997 – 2018 TIDAK ADA PERUBAHAN PRINSIPAL

- PERHATIKAN KELEBIHAN KALORI: GULA, LEMAK
- UTAMAKAN NABATI UTUH ALAMI
- KURANGI HEWANI
- KURANGI PANGAN MURNI/REFINED FOODS/
ULTRA PROCESSED FOODS





Rekomendasi WHO

Scale of the project

1. 5 years
2. Meeting every 6 months
3. Initially identified
500,000 papers
 - > 6000 considered

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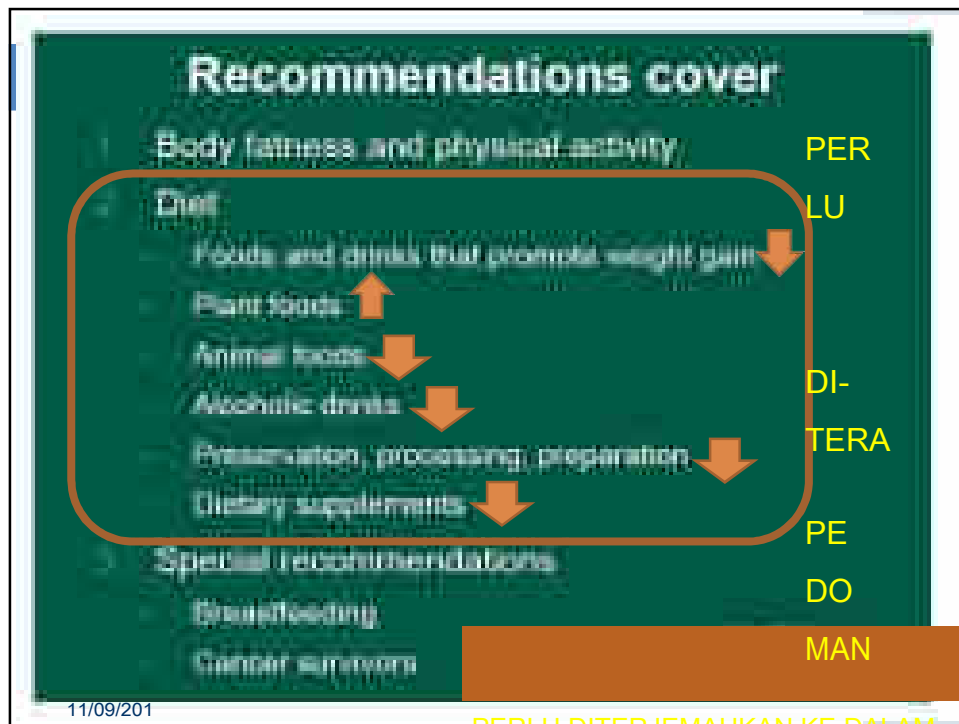


Recommendations

1. For 'convincing' or 'probable' exposures only
2. Consistent with recommendations for other chronic diseases

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Bagaimana terjadinya kanker ?

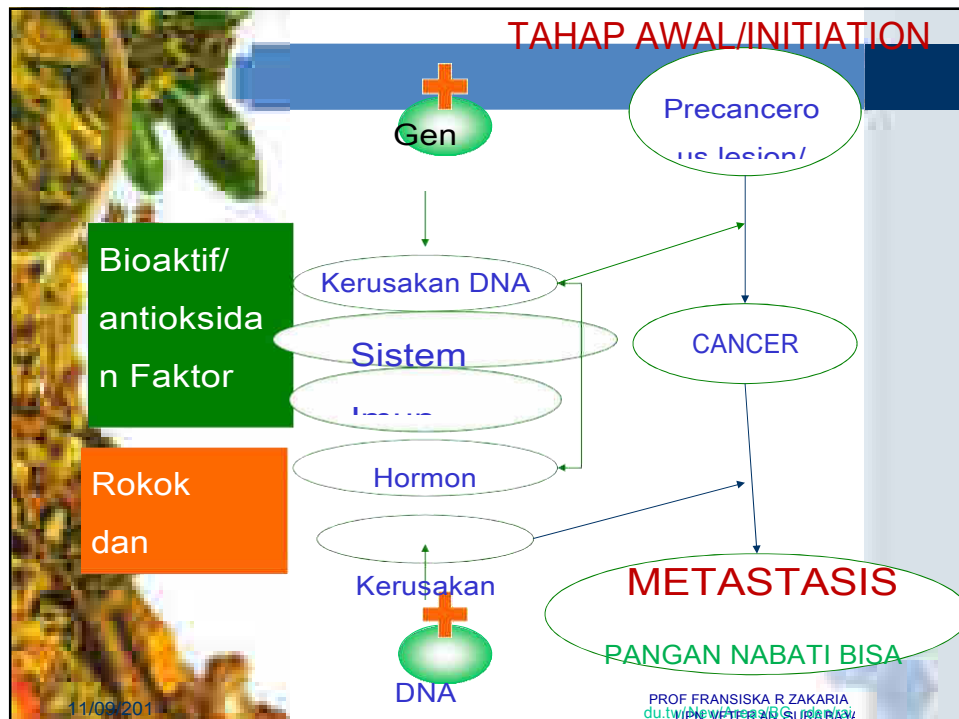
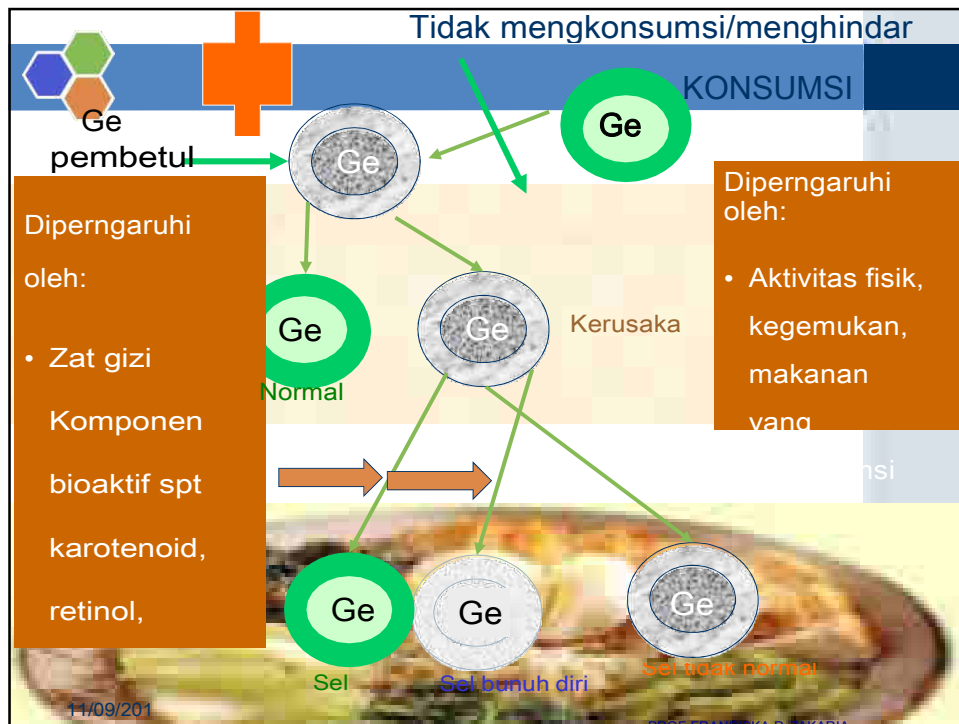
DASAR REKOMENDASI

90% kejadian kanker disebabkan oleh faktor dari

Hanya 10% disebabkan

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FOODS AND DRINKS THAT PROMOTE WEIGHT GAIN

KALORI TINGGI:

LEMAK (MINYAK, MARGARIN), GULA, PATI

UMUMNYA TERBUAT DR BAHAN BAKU

MURNI: TERIGU, TEPUNG2/BERAS PUTIH, LEMAK, GULA,

CONTOH:

BISKUIT, KUE2, SNACKS, MI, DONAT, ES KRIM, SIROP,



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UPN VETERAN

PLANT FOODS Pangan NABATI UTUH (ZAT2

CIK KOMPONEN BIOAKTIF (ANTIOKSIDAN, SERAT



VITAMIN
MINERAL

TERPENOID

Klorofil

FLAVONOID >5000

Antosiani

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Pangan NABATI UTUH yang dapat mencegah kanker: ZAT2 GIZI, KOMPONEN BIOAKTIF



	NABATI			HEWANI
	SAYUR/ BUAH	BIJI UMBI	KACANG	MEAT
PROTEIN	+	++	++++	+++
LEMAK	+	++	++++ TDK JENUH	+++ JENUH
KOLESTEROL	-	-	-	+++
SERAT	+++	+++	++++	-
KOMPONEN BIOAKTIF	++++	+++	++++	-
VIT MIN	++++	++++	++++	++++
AS URAT	+	+	++	++++
PATI/GULA IG RENDAH	++	+++	++	- ETERAN

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RECOMMENDATION 4

PLANT FOODS

Get weekly intake of plant origin

PUBLIC HEALTH GOALS

Population average consumption of non-starchy vegetables and of fruits to be at least 600 g (21.05 oz) daily

Relatively unprocessed versus processed grains, pulses, legumes, and other foods that are a natural source of dietary fibre, to contribute to a population average of at least 25 g (0.88 oz) of fibre per day

PRACTICAL RECOMMENDATIONS

Eat at least five portions of vegetables and of fruits every day

Eat relatively unprocessed versus processed grains, pulses, legumes with every meal

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PENGOLAHAN: ULTRA PROCESSED

Pangan murni:

Produk pangan olahan yg terbuat dr bahan baku murni (telah mengalami proses pemurnian/ekstraksi/pembuangan/pengurangan bagian yg dapat dimakan dlm jumlah yg

besar

, mis gula pasir, beras putih, Terigu, minyak,



GULA DI INDONESIA

TERBUANG:
VIT, MIN,
SERAT,



SUKROS

INDEX
GLIKEMIK

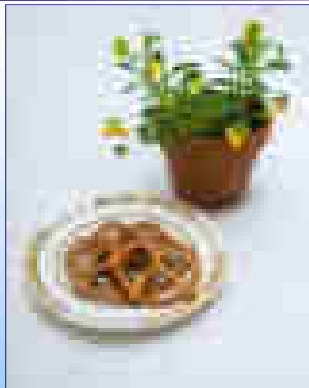



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	BISKUIT	PISANG
KALORI/100G	600	100
BAHAN	TEPUNG, GULA PASIR MARGARIN BUKAN BAHAN UTUH	ALAM UTUH
KOMPONEN BIOAKTIF	--	+++
SERAT, VIT MIN	--	+++
INDEKS GLISEMIK KECEPATAN MENJADI GULA DARAH	80	56

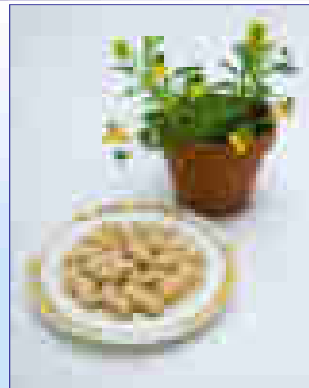
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G.F.

Pictures of Low/High GI Meals &



GI = 83 GL =

MEMICU OBESITAS/



GI = 14 GL =

TIDAK MEMICU OBESITAS

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BAHAN BAKU INDUSTRI
4.0 UNTUK
MENGHASILKAN PANGAN SEHAT



INDUSTRI 4.0.

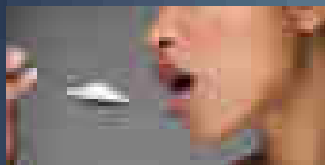
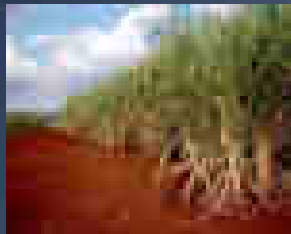
BAHAN BAKU UTAMA INDUSTRI PANGAN:

TEPUNG: REFINED/MURNI
TIDAK BERWARNA, BERBAU, BERASA

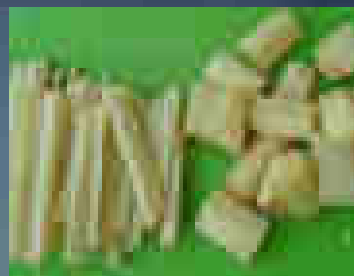
GULA PASIR/SIROP FRUKTOSA: MANIS SAJA

LEMAK/MINYAK/MARGARIN

BTP: PEWARNA, PERISA, PENGAWET,
PENGENTAL,
DLL



SUKROSA 15G
WAKTU MENCAPAI
PEMBULUH DARAH
5 – 10 MENIT
MEMBAWA:
KALORI SAJA
MUDAH DIPEROLEH



SUKROSA 15G
WAKTU MENCAPAI
PEMBULUH DARAH
>1 JAM
MEMBAWA:
KALORI
SERAT 2 LARUT
KOMPONEN BIOAKTIF > 2000
VITAMIN MINERAL
FISIOLOGI ORAL >>





AGROINDUSTRI DARI UMBI-UMBIAN+



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Source: FAO, Production yearbook 1983 (Rome 1984), USDA Composition of

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REKAM TERMASUK DIPILAN KOMPONEN DIAKTIF

11/09/2011

APAYG

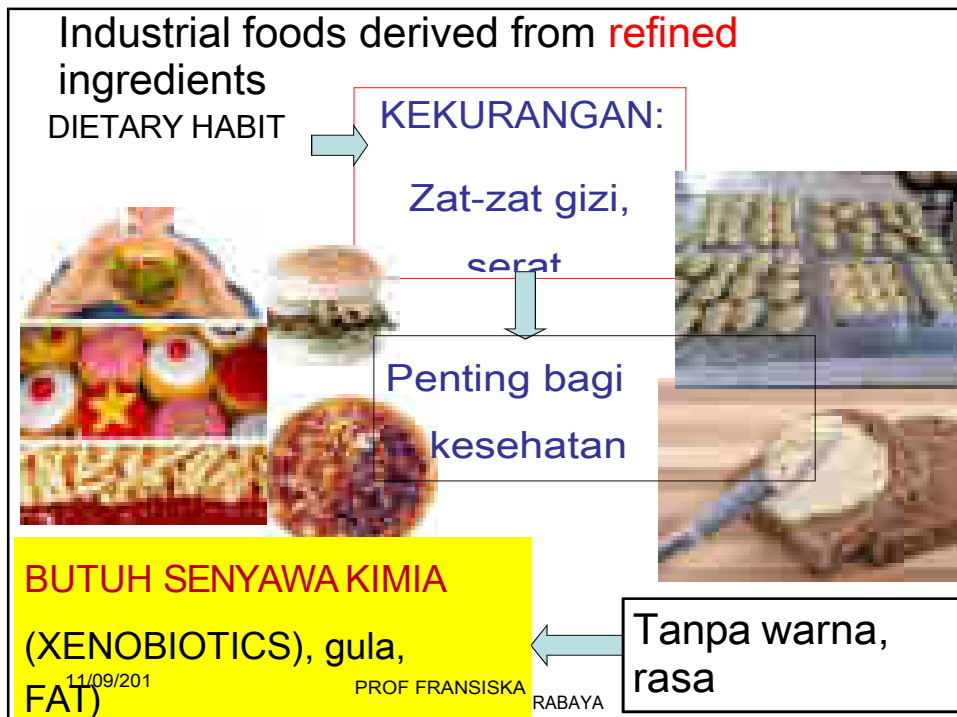
ADI JIKA HANYA PATINYA SAJA YG DIAMBIL.....

- Sucrose extraction and refining: sugar
- tapioca extracted from cassava
- refined oils from corn, coconut, palm
soybean, peanut, etc for frying,

BAHAN BAKU UTK PEMBUATAN KUE,
ROTI, BISKUIT, ...
CHIPS ... CREAM

the more refined/PEMURNIAN the more
antioxidant

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PANGAN TINGGI
CALORIE, GGL,
BAHAN TAMBAHAN KIMIA:
PRAKTIS, MURAH
MERIAH, TERSEDIA
TERJANGKAU



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TANPA:
SERAT,
KOMPONEN
BIOAKTIF,
VITAMIN,
MINERAL
STIMULATE:
OBESITY , PTM
AGING

PEMURNIAN:

EKSTRAKSI SATU KOMPONEN
DARI BAHAN PANGAN ALAMI



PENGHILANGAN RASA, WARNA

PANGAN SEIMBANG MEMBAWA GIZI, SERAT, KOMPONEN BIOAKTIF



Pangan (olahan) utuh
(whole processed
food):
tidak mengalami



LINGKUNGAN PANGAN UTUH (WHOLE FOOD)



PRODUK
INDUSTRI
PANGAN 4.0

BAGAIMANA
MENYEDIAKAN/
TERSEDIA
DI MEJA MAKAN
KELUARGA



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BAHAN BAKU UNTUK INDUSTRI PANGAN

SEHAT: **TERUTAMA**

NABATI, UTUH ALAMI (NUA)

CONTOH:

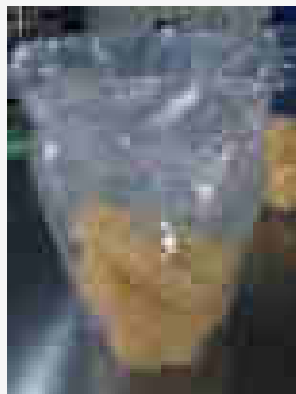
BERAS TIDAK SOSOH: COKLAT, MERAH

HOTAM BERS JAGUNG, TEPUNG JAGUNG \neq

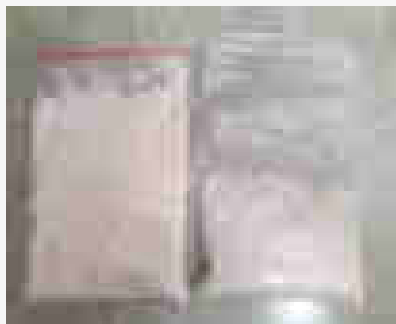
SAYURAN KERING: FREEZE

10/09/2019
ANSISKAR ZAKARIA
UPN VETERAN

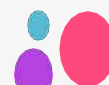
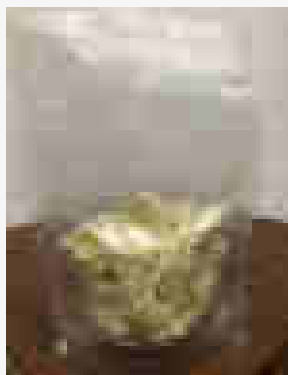
Cassava chunk

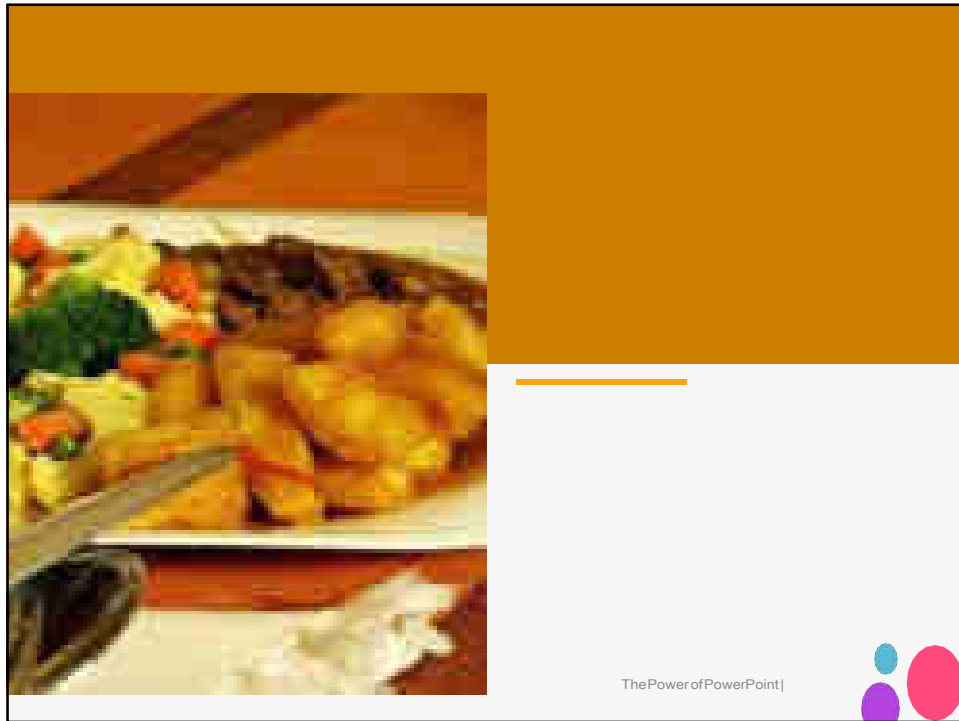


Cassava Flour =/=



Mashed Cassava dan Mashed Cassava Kemasan







Thank you for Your

TERIMAKASIH
ATAS
PERHATIA



Dorcas yang kurang gizi atau kurang

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